

Surgical Instructions

Please follow these instructions, both before and after our ophthalmologists and eye surgeons have completed your surgery. If you have any questions, please call the office where your surgery was performed.

Pre-Op

The following instructions should be followed carefully to ensure that your surgery will go as smoothly as possible (and bring all of your eye drops with you).

- Nothing by mouth after midnight on the night before surgery
- No liquids or food the morning of surgery (even water)
- On the morning of surgery, take only the medications your doctor has instructed you to take (i.e., in most cases, heart and blood pressure medications-insulin)
- You must be accompanied by a responsible adult who can take you home by car, cab, or private van. Hospital policy does not permit you to travel by bus

Preliminary Testing: In order to prepare for surgery, certain tests must be completed within 7 days prior to the scheduled surgical date. These may be completed by your family physician, local hospital, or clinic.

Post-Op

Frequently after surgery patients see an occasional black dot or “floater”. This is not unusual. However, should you notice any of the following symptoms please contact our office and do not wait for your next scheduled appointment:

- A sudden increase in the number of “floaters”
- Bright flashes of light (like heat lightning)
- A veil over a part of your vision
- A significant blurring of your vision
- Increased pain or redness

These may indicate a change in the health of your eye, and it is important that you notify our office as soon as possible. **DO NOT RUB THE EYE.**

- Return to your regular diet.
- Resume your regular medications
- No alcohol or driving for twenty-four (24) hours
- No swimming for six (6) weeks
- Please wash around your eye and eyelashes daily
- Do not get water in the operative eye
- You may wash your hair and shower as usual

These instructions are provided only as a general guideline. Please follow the instructions as provided by your doctor.

After Eyelid Surgery or Eyelid Injections

Wound Care: Apply cold compresses directly to the wound for the first 24 hours after surgery. These compresses may be prepared by using frozen peas or corn in a ziplock bag. Ice may also be used. The compress should be applied hourly while awake.

Ointment: If you were prescribed ointment, please apply it to the wound 3 times daily using a cotton-tipped swab. If the ointment gets into the eyes, the vision will get blurry.

Protection: For the first week, you may want to use an eye patch or protection while sleeping if you find the stitches irritating.

Cleaning: Clean the surgical or injection site gently with a clean washcloth or cotton ball saturated with warm water. There is no need to vigorously rub the wound. Repeat as necessary to keep the site clean and apply the ointment after cleaning.

Pain Control: Tylenol, 1-2 tablets every 4 to 6 hours should be sufficient. Avoid using Ibuprofen products because they cause bleeding.